



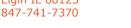
WIC BREASTFEEDING PEER COUNSELOR PROGRAM

Supporting You and Your Baby!

MOMS HELPING MOMS!

They will support you, answer your questions, and cheer you on during and after your pregnancy!

Well Child Center 620 Wing Street Elgin IL 60123



Greater Family Health 450 Dundee Ave

Elgin IL 60120 844-599-3700 ext. 4450/4453

Aunt Martha's Youth Services Center

3003 Wakefield Drive Carpentersville IL 60110 847-551-8041

VNA Health Care

801 Villa Street Elgin IL 60120 630-482-8103

Call or text your WIC peer counselor TODAY!

Line #1: 630-391-0001 Line #2: 224-828-1479





WIC BREASTFEEDING PEER COUNSELORS ARE MOMS LIKE YOU!

They breastfed their babies and want to help you reach your feeding goals!



YOUR WIC BREASTFEEDING PEER COUNSELORS CAN...

Talk with you in person or over the phone about your feeding goals.

Share fact-based knowledge of breastfeeding as well as personal experience, like...



Signs you are making enough milk.



How to know when your baby is hungry and full.



How to hold your baby during feedings.



How your body makes milk.

Be a safe space to talk to someone who may have gone through similar experiences as you.

